



DECEMBER 2014

TRIDENT

dive into the season!



Ho, Ho, Ho....

In this issue:

- Announcements
- President's Message
- Christmas Party
- Safety Corner
- Fall Classic
- Ab Diving

2014 Neptunes Calendar:

Wednesday December 3rd

Meeting – Pay for the Banquet!

Saturday December 6th

Christmas Banquet–

Byron began the year with a definite plan to increase camaraderie, safety and to honor our history. I think that, by any measure, the year has been a resounding success but now as we come to the end of the year, lets finish with a flourish! The annual Christmas Party is upon us and it's time for the Neptunes to show our holiday spirit demonstrate our camaraderie one final time before the end of 2014. I hope to see you all at the Forbidden City Restaurant in Long Beach. See page 6 and 7 for important details.



Trident Newsletter is a publication of the Long Beach Neptunes – a non-profit organization dedicated to the art and lifestyle of spearfishing.

Editor: Louis Rosales

long.beach.neptune@gmail.com

Telephone: (310) 469-1639

Web Master: Brandon Ward

• <http://www.longbeachneptunes.com>



2014 Neptunes Board

President

Byron Quinonez

1byronq@gmail.com

(949) 244-7691

Vice President

Paul Zylstra

(562) 254-7717

z.flattie@verizon.net

Treasurer

Bruce Dardis

(310) 625-1029

Bruce.Dardis@verizon.net

lbneptunespayment@gmail.com

Tentative Manager

Scott deFirmian

(213) 924-5147

spearo10@yahoo.com

Newsletter Editor

Lou Rosales

(310) 469-1639

long.beach.neptune@gmail.com

Newsletter Assistant Editor

Ivan Sanchez

(310) 938-3581

ChiroISanchez@gmail.com

Club Historian

Masahiro Mori

(310) 628-8082

morifish@hotmail.com

Conservation Liaison

Terry Maas

(805) 642-7856

tmaas@west.net

Recording Secretary

Brandon Ward

(714) 321-1707

Brandonward.info@gmail.com

Fish Standings 2014:

2014 Calico Derby – John Hughes: 6.65 lbs

Lobster – Woody: 9.75 lbs

White Sea Bass – Paul Hugoboom 72.65 lbs

Halibut – Scott de Firmian: 31.1 lbs

Calico Bass – Mark Hultgren: 8.8 lbs

Yellowtail– John Hughes: 45.75 lbs

Kent McIntyre– Open

Sheep Head – Todd Farquar: 23 lbs 9 oz

Reef Fish (out of country) – Masahiro Mori:

(Pargo: 50.2 lbs)

Pelagic (out of country) – Steve Parkford

(Yellowtail: 61.25 lbs)

Announcements

Terry Maas is generously offering a 20% discount off of the spring special price of \$1250 for his Freedivers Recovery Vest. Member price will be \$999 + tax. Cartridges are extra. See the brochure near the end of the newsletter for a description of the vest. The vest would make an excellent Christmas gift.

Christmas Banquet: December 6th. Forbidden City Restaurant in Long beach.
www.forbiddencitylongbeach.com Dinners will be \$30 per person.

B  **NKS** **B**  **ORD**

Please Thank our Sponsors:

The Long Beach Neptunes would like to thank our sponsors. When doing your Christmas shopping, please use our sponsors that have given so generously to our club.

HERRANEN
s p e a r g u n s



December President's Message:

Seasons Greetings, Fellow Neptunes! The holidays are finally upon us, and we bid farewell to a great season of spearfishing! It's been an epic El Nino year, blessing us with some incredible exotic fish for our tables!

I look forward to sharing our stories and friendship next weekend, Saturday December 6th, at Forbidden City Restaurant, as we celebrate our annual Christmas Dinner! It's a great time to share our bond with each other, as well as with the wives and ladies in our lives, as we know how much they enjoy the blessings of the holidays season.

Your board has been working hard this year to keep the Neptunes as the most prestigious and enduring breath hold freediving and spearfishing club in the world! There was a great focus on safety and camaraderie, while continuing to honor the legacy of the Neptunes. We had some great speakers on safety this year, including presentations by Huntington Beach Marine Safety Officer **Eric Ching**, our own legendary **Terry Maas**, as well as world-renown freediving expert, and father of Breatheology, **Stig Severinsen**. We would also like to thank **John Carpenter** for his contributions to the club by leading the "Safety Corner" discussions, as well as fellow contributors **Harry Ingram** and **Mark Navas**.

We had some fun family and club events, including the first ever Neptune's Family Campout at Catalina Island! Special thanks to **Lou Rosales** for leading this event, and I look forward to continuing this tradition for years to come! And special thanks to **Paul Zylstra** and **Captain George Stahling** for arranging our fun club dive this August on the Sand Dollar! Even if the fish were thin, it was a great time on



the water! (oh- and congrats to **Scott de Firmian** and **Keith Kauffman** on their winning fish!)

Your board has also been working hard behind the scenes to make some ongoing operational improvements to the club, so look forward to these continuing through 2015. The board is primarily focused on recommending a single, consolidated constitution (which the Club will vote upon), and release a new, updated, and awesome website! Thanks to **Bruce Dardis** and **Brandon Ward** for their respective contributions!

Sadly, we will see some changes on the board for 2015, so let's thank those that have worked hard to contribute to the club, and welcome in your new board members that will continue to work hard for **you** and the club's benefit! Thanks to **Paul Zylstra**, our outgoing Vice President; **Scott de Firmian**, for all of his work as the Tentative Manager (and for his many years of contribution to the club!); to **Lou Rosales**, who as the newsletter editor, had one of the toughest jobs on the board! And special thanks to **Ivan Sanchez** for his work in supporting Lou and the newsletter this year.

(Drum roll, please...) I'd like to introduce you to your 2015 board! Hopefully you're as excited about this group as I am! This is a great list of people that care passionately for the Neptunes, and we look forward to their contributions and leadership!

2015 Long Beach Neptunes Board

- Keith Kauffman, Vice President
 - Bruce Dardis, Treasurer
 - Brandon Ward, Recording Secretary
 - Chris Yates, Tentative Manager
 - Todd Farquhar, Newsletter Editor
- And of course, our lifetime appointees:
- Masahiro Mori, Club Historian
 - Terry Maas, Conservation Liaison

Please join me in thanking our outgoing board members, and in welcoming our incoming board for their commitment to the club!

I'm looking forward to a fun 2015 as we continue to build on the fun and legacy of the Long Beach Neptunes! See you all at the Christmas Dinner, and out in the water for 2015!

Dive safe!

Your Long Beach Neptunes President,
Byron Quinonez

Important Christmas Party Details

The annual Christmas Party will be held this coming Saturday, 6:00, December 6th at the Forbidden City Restaurant in Long Beach.

Address: 6380 Pacific Coast Highway, Marina Pacifica Mall Long Beach, Ca. 90803

Cost: \$30 per person, payment due Wednesday, December 3rd. Pay using paypal lbneptunespayment@gmail.com (preferred) or by check.

Payment by check can be done in person at the meeting. If you have already mailed the check to Bruce, that should be fine, but if you cannot make the meeting and have not already mailed the check, make the payment by paypal.

- Log on to paypal, enter lbneptunespayment@gmail.com
- Enter the amount (\$30/person)
- Choose the Friends or Family option
- Done

MAKO
SPEAR GUNS

Important Christmas Party Details

Directions:

Directions from North of Long Beach:

1. Take the **405 south** toward Long Beach.
2. Merge onto **N Lakewood Blvd/Ca-19 s via exit 27**
3. Enter the **roundabout and take the 2nd exit onto E Pacific Coast Highway/Ca-1**
4. **6380 Pacific Coast HWY** is on the right. If you reach E 2nd St you've gone a little too far.

Directions from south of Long Beach:

1. Take the **405 north**
2. Merge **onto Ca-22 W via exit 23** toward Long Beach
3. Turn **left onto Channel Dr.** Channel Dr. is 0.2 miles past Campus Dr. If you reach N. Bellflower Blvd, you've gone about 0.1 miles too far.
4. Turn **left onto E Pacific Coast Hwy/Ca-1.**
5. **6380 Pacific Coast Hwy** is on the right.

ELECTRIC



SUNGLASSES

The Safety Corner

by John Carpenter

I just got back from a surfing trip in Nicaragua and had a great time until I caught my foot on an exposed, jagged root that ripped open my left "long toe." I irrigated it, applied some super glue and duct tape, and continued surfing the next couple days, however, I rested the last full day to give the injury a chance to heal before traveling. I also started a regimen of antibiotics until we returned to the states. We were 3 hours from the main town of Managua, 1 hour of which was off road; total 4 wheel drive stuff to our camp deep in the jungle near the surf break.

Upon returning to the states, I saw a doctor to get some stronger antibiotics and get the injury properly assessed (imagine a half inch round file driven down just behind your cuticle into the bone!). I knew it was more than just a stubbed toe - the x-ray revealed a fracture in three places! They wanted to put me in one of those goofy "foot" boots, but I refused and simply kept it taped and bandaged.



morifish

I'm healing fine (except for catching it last night on some furniture - OUCH!), but the experienced has caused me to really reflect upon the remoteness of the surf camp, access to emergency care, and what a proper first aid kit should have been. My partner had a basic kit and some of the other surfers had some stuff too, but none of the kits had anything near what we should have brought with us.

This Surfline link is an excellent overview of potential injuries and what a proper first aid kit should contain. It applies to divers as well as surfers. I plan on buying two of the more expensive kits; one for me and the other for the ex-patriot Cali surfer who runs the camp.

Take Care, Dive Safe!

John

http://www.surfline.com/surf-news/the-medical-and-safety-gear-you-need-for-the-outback----or-your-local-beachbreak_120582/





Lyle's Wahoo!
Photo: Parkford



Parky's Wahoo!
Photo: Lyle



FALL CLASSIC 2014

Keith Kauffman, “Hollywood” Hughes, Scott Bamsey and I met in Huntington Harbor early Friday morning w/ early anticipation to a great weekend. Two nights on the “Corsair” with good friends, good weather and high hopes of fish, lobster and good food was our goal. The meet (Fall Classic) was just a bonus and we hoped for the best. After packing fridges, a quick safety briefing and a quick prayer from Hughes we were off. We had a nice calm crossing and arrived at the east end w/ high hopes of clear water and big yellows. Upon coming up to the spot, we noticed green water, some swell and a tug w/ barge in tow. We scraped the area and headed west.

Our first spot looked promising and we had a good time chasing small yellows, bonito and enjoying the other sights but after about an hour of no big fish, we decided to save the lil guys for next year and headed out for something bigger. We arrived at the next spot and were pleasantly surprised with deep blue water and a mild current. Vis was approximately 60-70 feet and we had multiple sightings of big fish down deep. We’d watch each other dive down to 30’ and near the end of the dive w/out fail someone would see fish and drop further down, line-up and watch fish that you couldn’t see from the surface. After about an hour of this repetitive cat and mouse game, I was down on a dive and sure enough, a school of about 30 nice YT was down at about 50’ and about 50’ in front of me. Keith was down and to my right, but they were out of range and he had no shot. I waved my hand, wiggled my fingers, looked away and started swimming in the opposite direction and finally they began to flare a little bit closer in my direction.

Armed with my 67” Mori, they were still a good 10’ out of range and flaring away from me again when one curious fish broke from the pack and came my way. By this time, I was running out of time and hope he would come into range but he stayed a good 30-35’ out and started swimming away out in front of me and about 10’ above me. I figured this was as good as it was going to get, so I tried to close the distance, lined up, aimed high and let her fly. I heard the “thunk” the fish arced upward and began sounding straight for the bottom. I went to apply the brakes and as soon as I started kicking towards the surface and pulled on my floatline, my right calf locked up on me. I decided I was going to lose this battle and gave him line and limped to the surface



on one engine. I got to the surface and catching a gulp of O2, I tried to slow the fish but my damn leg was locked into the straight position and it hurt like hell. I was laughing and Hughes was wondering what the hell was wrong w/ me as the fish took all of my floatline and started rubbing along the bottom 80' down.

My leg finally cooperated and I slowly worked my fish up to where I could make out the fish about 60' down. The fish was upside down and somewhat calm so I continued to work him up until my shooting line. I could see that I hit the fish low (Near the anal fin) and it looked like he was hanging by a thread. John asked if I wanted him to second shoot the fish and I asked him to get a closer look and if it looked iffy go ahead. John breathed up and right as he began to drop a small school (10 or so) of really nice fish started circling my fish before dropping down and away. John saw the fish and immediately gave chase with Keith in tow. These fish looked really nice (Mid 30's) and John fired but unfortunately he was having issues w/ the new gun he recently bought and missed. Bamsey showed up and asked me if I wanted him to shoot the fish, so I said sure. All three of us watched Scott drop, level off, line-up a foot or two feet off of my fish and fire. I could have sworn he clean missed my fish and I started cracking up as he swam to the fish, grabbed it and started heading towards the surface. He handed me my fish and I figured he must have strung the fish and it was just an illusion. Seconds later, Scott was locking his shaft back in and pulling his bands back and sure enough, he completely missed my fish. Scott blamed the whole miss on some crazy Matrix move put on by the YT right before he fired.

Back on the boat, the fish weighed just under 29#'s and the shot ended up being a fairly good holding shot, although visually it wasn't very reassuring. After that, Keith and John shot two nice fish in the mid twenties and the captain added a nice one as well. The rest of the day we tried to shoot the bigger fish, but they would stay just out of range. Two fish in particular (One mid thirties and the other over 40) would tease us on just about every dive but we could not close in. We ended the day with 8 yellows a few bonito and headed for the lobster grounds. We anchored up, had appetizers and watched John and Scott put on their cheater tanks as the sun dropped for the day.



Keith and I worked the shallows, while the bubble blowers worked out deep. Keith and I killed it and had nice limits in about forty minutes. Back on the boat, the bubble blowers came back crying that they couldn't find a limit. John had a nice bug but just couldn't find number 7 to fill out his "kook" limit of 6. After "saddling up" again, but this time to the shallows John and Scott's limits were filled. We ended the day w/ 4 nice limits and had giant potato and beef burritos after our showers before 9 o'clock.

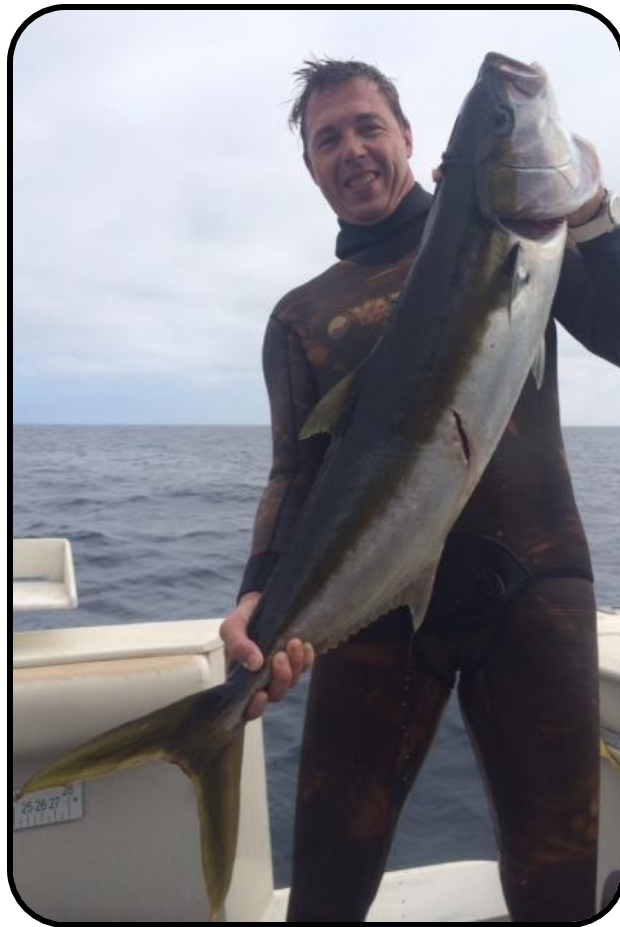
We headed back to our spot for the next day and anchored hoping we'd see the same fish we saw earlier in the day. We woke up while it was dark and saw the last thing we expected to see that morning; a Parker pilot house anchored 50' away. "Nooooooo, they're supposed to be at SBI", we all said as we planned our Jedi mind trick to send them elsewhere. Sure enough, deFirmian, Lou and their buddy from up North had thrown a wrench in our plans of sweeping the comp. We dove that morning for a few hours and no one had anything over 12 pounds to show for it and the current and viz changed. We worked a few other spots on our way back towards the Isthmus and figured 11 yellows, three bonito and 28 lobsters was plenty.

It was nice to shower, relax and head to the beach early for once. Keith and John tried to con me into taking my biggest bug (Around 4#) to shore and after digging him out of the bait tank I put him back, not wanting to feel obligated to cook him on the beach. It was slim pickins at the weigh-in. Juan and Jay took the top two spots with a 27 and 22 pound yellowtail but after that, third and fourth were decided with a one or two ounce difference on three 10 pound yellowtail. Mori crushed the competition w/ a nice 7.8# Calico and Donny took the lobster category with a four pound bug. I started wondering if I made a mistake by not bringing in my lobster. We later weighed mine and it was a few ounces shy but was missing 4 legs so it would have been close but it made me feel a lot better about not taking it up. After speaking



ATOMIC
AQUATICS

with everyone it was the typical nice fish on Friday and a whole lot of nothing on the comp day. Great BBQ and raffle on the beach with no shortage of raffle tickets or good times. Thanks to this year's board for putting on a great event once again. We decided to scrap the diving the next day for a nice leisurely ride home where John cleaned while Keith and I vacuum sealed the fish. We cleaned the bugs at the dock, had a giant sandwich while watching the paddleboard girls stroll by and toasted to another great time with friends. Had a great crew, great food and look forward to the next adventure. Here's one last money shot.....



My First ab dive.

By Jeff Benedict

About three years ago, I left Carmel at 5am for Jenner, CA to meet up with Jason Odonnell, whom I had met earlier in the year on a 3 day Cortez trip. I arrived at his home at 9:15 and wandered up the path to his house which is lined with ab shells. His house is a seaman's delight. The garage and drive were full of coolers, boats, Banks boards, nets, rods and reels and a 20 gal pot on a propane burner. \

Jason had just returned from checking his crab pots on his zodiac which was locked up down on the beach. He had scored a load of crabs! He made us a cold crab, lemon, cilantro and onion mix to eat for lunch. Before we headed north about 45 minutes to get out of Sonoma county.

Once we got to our destination, he pulled to the side of the road and we proceeded to hike down a trail of tree roots and climbing ropes to a rocky cove with an inconsistent break of up to 8' and turbulent 18"-24" vis. Jason pointed to the left at a group of rocks which was to be our destination.

I really didn't know what was in store for us. Before we knew it we were sucked out way beyond our target. After a long diagonal swim we were out of the rip where I proceeded to dive toward the bottom. I just kept sinking and kicking until eventually I was on the bottom in a sand storm. The bottom always seems to be much further down when there is no sign of it. Eventually I realized I needed to head to where the kelp stalks are. Jason gave me a little light and directed me to find caves or shelves to look back into much like for lobsters. Problem is the light was dying. I couldn't see more than a foot and a half in front of my face and the bottom was racing by at 15 mph. I grab the base of the stalks and was getting tossed and rolled over as well as sucked in toward shore then back out to sea.

Eventually I spotted an ab on the under side of a 3' cave. I guess they were all pretty sucked down due to the conditions so I was only able to get the bar in maybe 2 inches. As I pry I manage another inch or so but am soon out of breath. I now understand what they mean by "I'm working on one". Until now I was unaware that it can take multiple dives to release one ab. I also learned that a marker with a float line is crucial when working an ab in low vis.



Next thing I knew, Jason's 2 friends said they're done! Worst conditions they've been in and they want to go to shore so we all go in and snack a bit. I'm just staring at the cove and can't believe I came all this way to be skunked.

I had been told prior to committing to this trip "not to pull the 1st one you see, there will be bigger ones and you will have your limit in 10 to 15 minutes". Not to be the case today.

It was kinda like the stories of "WALLS of yellowtail", not today.

Jason can see that I'm not done, so he agrees to give it another go round. We dove another 2 hours in which we manage to come out with a whopping two abs. Final count, 3 nice snails.....total.

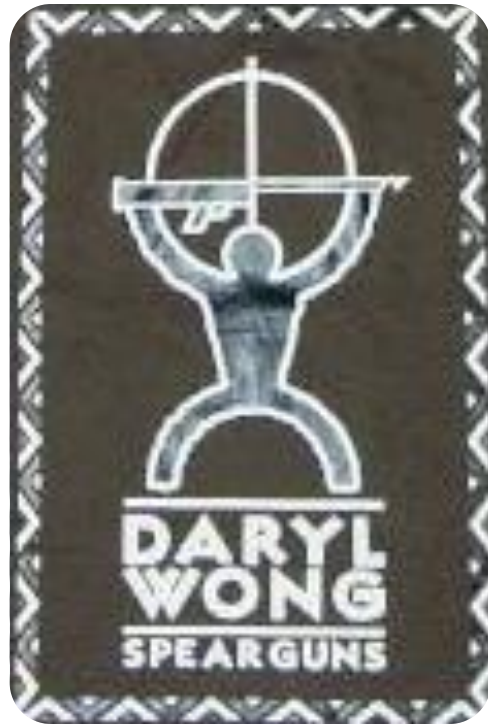
We went back to his home where he proceeded to load me up a bag of wild porcini mushrooms and I surprised him with some So Cal lobsters.

Got in the car at 6 pm and was back in Carmel by 10:15.

I can't wait for next year to do it all again and see what I assume to be beautiful coastline that I drove through either in the fog or the dark.

JB

November 30, 2011





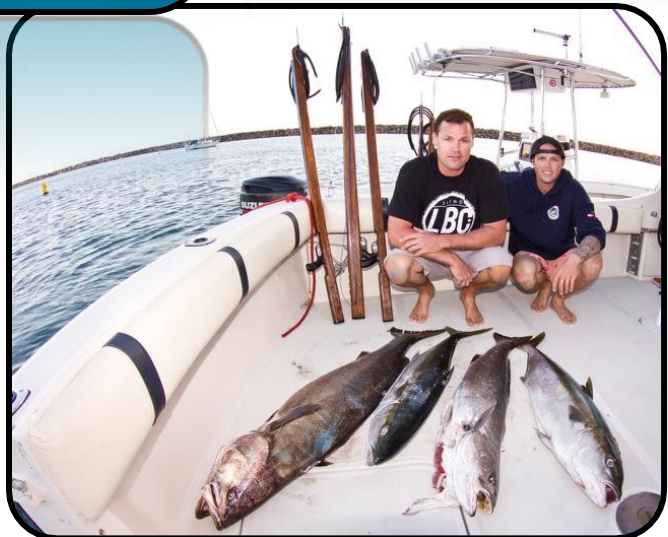
Todd plays with some of his buddies before bath time.



A couple of local broomtail do a bit of frolicking.



JAMES & JOSEPH
SPEARFISHING SUPPLIES
SAN DIEGO







I don't always enter triathlons but when I do, I prefer to enter with other Neptunes!



More local Broomtail frolicking while Parkford gets a hernia.

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carry-on, or checked bag.
- Streamlined—users soon forget its there.
- Sets as easy as an alarm clock.
- Neutrally buoyant—no weight adjustment.
- 4 methods to trigger inflation.
- Acts as a back up float if lost at sea.
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- Remote light/button on arm band
informs user and the button can
cause inflation.



- Protection Underwater
—Depth limit, -Time limit
- Protection at the Surface
—Failure to respond
—Early sink out

Physical Characteristics:

- Weight—5 pounds
- Max. operating depth—100 meters (300')
- Battery, rechargeable life—30, 8-hour days
- Remote switch for communication, activation
- Chassis—high impact plastic and aluminum
- Units—seconds and meters
- Low battery warning



Oceanic Safety Systems
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LEAD DIVE WEIGHTS FOR SALE

I have new uncoated Standard lead weights for belts or integrated pockets. Weights vary from 2lbs to 5lbs and the price is only \$3.25 per lb, no tax!

I also make custom weights that I call "Quick Weights". They use heavy rubber tubing to loop and lock over the belt. These weights are available from 2lb to 5.5lbs. No keepers are needed to hold them in place on the belt. These are perfect to quickly add or remove weights without unthreading everything.

For hunting, quickly remove 5-6lb for better buoyancy when free diving 25'-40' or quickly add 2-3lb when free diving shallow for Halibut. Other great uses for Quick Weights are to loop a 4lb+ weight on your free dive weight belt if you want to SCUBA dive or visa versa. No need to set up two belts.

These are perfect for dive instructors to get students dialed in fast. The rubber loop is perfect to clip onto a gate clip or karabiner. They can clamp onto BCD's shoulder straps and tank straps too. The rubber has a lifetime guarantee. I'll replace it free if it ever goes bad. The price on these custom made weights is \$5.00 per lb, no tax!

Email any questions to me at: conservation@pacificexplorers.org

Dive safe,

Mark Navas



MUD ENERGY
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ENERGIZE. MAXIMIZE. SUSTAIN. **GEL**™

Oceanic
Safety



Systems





This will be my last newsletter, and I wanted to thank all of the club members for their support. I am very proud of the newsletter but I want to emphasize that the primary reason for its success is the regular contribution from you, the members. Without photos and stories coming in on a regular basis, the Trident would have been a few pages that nobody would want to read. Instead, we have had excellent stories on varied subjects and from many different points of view. Todd Farquhar has agreed to take the position as the next newsletter editor. As we transition, I am confident that you will give Todd the same support that you gave me and, as a result, we will continue to have the best newsletter in the civilized world!

Thank you, Jeff Benedict for sharing the story of your first ab dive, thank you Mark Hultgren for writing a story chronicling your adventures during the Fall Classic and thank you John Carpenter for your work with the Safety Zone throughout the year.

Louis Rosales

Long Beach Neptunes Newsletter Editor



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